



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 15041, Fish, herring, Atlantic, pickled

Report Date: June 25, 2017 19:21 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 140g	1 oz, boneless 28.35g	1 cubic inch 20g	1 piece (1-3/4" x 7/8" x 1/2") 15g
Proximates								
Water	g	55.22	2	--	77.31	15.65	11.04	8.28
Energy	kcal	262	--	--	367	74	52	39
Energy	kJ	1096	--	--	1534	311	219	164
Protein	g	14.19	2	--	19.87	4.02	2.84	2.13
Total lipid (fat)	g	18.00	2	--	25.20	5.10	3.60	2.70
Ash	g	2.95	2	--	4.13	0.84	0.59	0.44
Carbohydrate, by difference	g	9.64	--	--	13.50	2.73	1.93	1.45
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0	0.0
Sugars, total	g	7.71	--	--	10.79	2.19	1.54	1.16
Minerals								
Calcium, Ca	mg	77	2	--	108	22	15	12
Iron, Fe	mg	1.22	2	--	1.71	0.35	0.24	0.18
Magnesium, Mg	mg	8	2	--	11	2	2	1
Phosphorus, P	mg	89	2	--	125	25	18	13
Potassium, K	mg	69	2	--	97	20	14	10
Sodium, Na	mg	870	2	--	1218	247	174	130
Zinc, Zn	mg	0.53	2	--	0.74	0.15	0.11	0.08
Copper, Cu	mg	0.105	2	--	0.147	0.030	0.021	0.016
Manganese, Mn	mg	0.040	2	--	0.056	0.011	0.008	0.006
Selenium, Se	µg	58.5	--	--	81.9	16.6	11.7	8.8
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0	0.0	0.0

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 140g	1 oz, boneless 28.35g	1 cubic inch 20g	1 piece (1-3/4" x 7/8" x 1/2") 15g
Thiamin	mg	0.036	2	--	0.050	0.010	0.007	0.005
Riboflavin	mg	0.139	2	--	0.195	0.039	0.028	0.021
Niacin	mg	3.300	--	--	4.620	0.936	0.660	0.495
Pantothenic acid	mg	0.081	2	--	0.113	0.023	0.016	0.012
Vitamin B-6	mg	0.170	--	--	0.238	0.048	0.034	0.026
Folate, total	µg	2	2	--	3	1	0	0
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	2	2	--	3	1	0	0
Folate, DFE	µg	2	--	--	3	1	0	0
Choline, total	mg	104.1	--	--	145.7	29.5	20.8	15.6
Vitamin B-12	µg	4.27	2	--	5.98	1.21	0.85	0.64
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	258	--	--	361	73	52	39
Retinol	µg	258	--	--	361	73	52	39
Carotene, beta	µg	0	--	--	0	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	860	--	--	1204	244	172	129
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	1.71	--	--	2.39	0.48	0.34	0.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	2.8	--	--	3.9	0.8	0.6	0.4
Vitamin D3 (cholecalciferol)	µg	2.8	--	--	3.9	0.8	0.6	0.4
Vitamin D	IU	113	--	--	158	32	23	17
Vitamin K (phylloquinone)	µg	0.2	--	--	0.3	0.1	0.0	0.0
Lipids								
Fatty acids, total saturated	g	2.381	--	--	3.333	0.675	0.476	0.357
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup 140g	1 oz, boneless 28.35g	1 cubic inch 20g	1 piece (1-3/4" x 7/8" x 1/2") 15g
14:0	g	0.721	2	--	1.009	0.204	0.144	0.108
16:0	g	1.555	2	--	2.177	0.441	0.311	0.233
18:0	g	0.105	2	--	0.147	0.030	0.021	0.016
Fatty acids, total monounsaturated	g	11.947	--	--	16.726	3.387	2.389	1.792
16:1 undifferentiated	g	1.383	2	--	1.936	0.392	0.277	0.207
18:1 undifferentiated	g	1.750	2	--	2.450	0.496	0.350	0.263
20:1	g	3.648	2	--	5.107	1.034	0.730	0.547
22:1 undifferentiated	g	5.166	2	--	7.232	1.465	1.033	0.775
Fatty acids, total polyunsaturated	g	1.679	--	--	2.351	0.476	0.336	0.252
18:2 undifferentiated	g	0.211	2	--	0.295	0.060	0.042	0.032
18:3 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.843	2	--	1.180	0.239	0.169	0.126
22:5 n-3 (DPA)	g	0.079	2	--	0.111	0.022	0.016	0.012
22:6 n-3 (DHA)	g	0.546	2	--	0.764	0.155	0.109	0.082
Cholesterol	mg	13	2	--	18	4	3	2
Amino Acids								
Tryptophan	g	0.159	--	--	0.223	0.045	0.032	0.024
Threonine	g	0.622	--	--	0.871	0.176	0.124	0.093
Isoleucine	g	0.654	--	--	0.916	0.185	0.131	0.098
Leucine	g	1.153	--	--	1.614	0.327	0.231	0.173
Lysine	g	1.303	--	--	1.824	0.369	0.261	0.195
Methionine	g	0.420	--	--	0.588	0.119	0.084	0.063
Cystine	g	0.152	--	--	0.213	0.043	0.030	0.023
Phenylalanine	g	0.554	--	--	0.776	0.157	0.111	0.083
Tyrosine	g	0.479	--	--	0.671	0.136	0.096	0.072
Valine	g	0.731	--	--	1.023	0.207	0.146	0.110
Arginine	g	0.849	--	--	1.189	0.241	0.170	0.127
Histidine	g	0.418	--	--	0.585	0.119	0.084	0.063
Alanine	g	0.858	--	--	1.201	0.243	0.172	0.129
Aspartic acid	g	1.453	--	--	2.034	0.412	0.291	0.218
Glutamic acid	g	2.118	--	--	2.965	0.600	0.424	0.318

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Glycine	g	0.681	--	--	0.953	0.193	0.136	0.102
Proline	g	0.502	--	--	0.703	0.142	0.100	0.075
Serine	g	0.579	--	--	0.811	0.164	0.116	0.087
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0